

ABSTRACT

A food preserving method includes the step of housing a conductive food tray (2) in a cooling box (1), placing food (9) on the food tray (2) and cooling and preserving the food (9) with an AC voltage and a DC voltage being simultaneously applied to the food tray (2). After a DC-AC simultaneous application period during which the AC voltage and the DC voltage are simultaneously applied, the food (9) is cooled with only one of the DC voltage and the AC voltage being applied to the food tray (2). A food preserving device including a cooling box (1), a conductive food tray (2) housed in the cooling box (1), an AC power supply (3) used for applying an AC voltage to the food tray (2) and a DC power supply (4) used for applying a DC voltage to the food tray (2) is characterizing in that the AC voltage and the DC voltage are simultaneously applied to the food tray (2).